

Hopes Women Will Adopt This Habit As Well As Men

Glass of hot water each morning helps us look and feel clean, sweet, fresh.

Happy, bright, alert—vigorous and vivacious—a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood. It only every woman and likewise every man could realize the wonders of drinking phosphated hot water each morning, what a gratifying change would take place.

Instead of the thousands of sickly, anaemic-looking men, women and girls with pasty or muddy complexions; instead of the multitudes of "nerve wrecks," "rundowns," "brain fags" and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking, each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

Those subject to sick headache, biliousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate from any drugist or at the store which will cost but a trifle but is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood, while the pores in the thirty feet of bowels do.—Adv.

A man is usually able to conceal his middle name while he lives, but it nearly always breaks out on his tombstone.

FRUIT LAXATIVE FOR SICK CHILD

"California Syrup of Figs" can't harm tender stomach, liver and bowels.

Every mother realizes, after giving her children "California Syrup of Figs" that this is their ideal laxative, because they love its pleasant taste and it thoroughly cleanses the tender little stomach, liver and bowels without griping.

When cross, irritable, feverish, or breath is bad, stomach sour, look at the tongue, mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul, constipated waste, sour bile and undigested food passes out of the bowels, and you have a well, playful child again. When its little system is full of cold, throat sore, has stomach-ache, diarrhoea, indigestion, colic—remember, a good "inside cleaning" should always be the first treatment given.

Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful today saves a sick child tomorrow. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and grown-ups printed on the bottle. Adv.

The United Ancient Order of Druids has completed an existence of 234 years as a friendly society.

ENDS DYSPEPSIA, INDIGESTION, GAS

"Pape's Diapiesin" cures sick, sour stomachs in five minutes—Time It!

"Really does" put bad stomachs in order—"really does" overcome indigestion, dyspepsia, gas, heartburn and sourness in five minutes—that—just that—makes Pape's Diapiesin the largest selling stomach regulator in the world. If what you eat ferments into stubborn lumps, you belch gas and eructate sour, undigested food and acid; head is dizzy and aches; breath foul; tongue coated; your insides filled with bile and indigestible waste, remember the moment "Pape's Diapiesin" comes in contact with the stomach all such distress vanishes. It's truly astonishing—almost marvelous, and the joy is its harmlessness.

A large fifty-cent case of Pape's Diapiesin will give you a hundred dollars' worth of satisfaction.

It's worth its weight in gold to men and women who can't get their stomachs regulated. It belongs in your home—should always be kept handy in case of sick, sour, upset stomach during the day or at night. It's the quickest, surest and most harmless stomach doctor in the world.—Adv.

The Northern Pacific railroad has ordered 2,000 cars especially for handling fruit. Cost, \$3,500,000.

The KITCHEN CABINET

Misery may love company but remember it loves cheerful company.

All good work begins with contentment. The heart must sing while the hand toils, if good work is to be achieved.

PLENTY OF PANCAKES.

For a cold-morning breakfast or a chilly night supper the pancake still holds its popularity.



Bread Pancakes.

Soak some bread crumbs in hot water until soft, then press out all the moisture, and to one pint of the bread add two well-beaten eggs, a quarter of a teaspoonful of salt, four tablespoonfuls of melted butter and sufficient milk to make a smooth batter. Just at the last add a teaspoonful of baking powder and fry in hot fat.

Rice Pancakes.—Boil a quarter of a pound of rice till quite soft, then drain and leave till cold. Mix with it one cupful of cream, four beaten eggs, a little salt, nutmeg to taste, two tablespoonfuls of melted butter and flour to form a smooth batter.

Italian Pancakes.—Beat well together two eggs, a quarter of a cupful of flour, one tablespoonful of sugar, half a cupful of warm milk, add a tablespoonful of melted butter and a few drops of lemon extract. Bake in buttered saucers in a hot oven for 20 minutes. Serve buttered and sprinkled with sugar.

Pineapple Pancakes.—Beat two eggs well together with a dessertspoonful of rosewater, two of rice flour, two of sugar, and then add half a cupful of cream. Put one tablespoonful of butter into a small fryingpan, and when boiling hot pour in the mixture so as to cover the pan thinly; fry a light brown; then drain well. Have ready some long slices of pineapple and roll one in each pancake. Beat the whites of two eggs to a stiff froth, then add one teaspoonful of vanilla extract, divide it into two parts and fry separately; do not turn, so that it leaves the pan like snow. Lay these across the pancakes.

Stuffed Pancakes.—Beat two tablespoonfuls of butter to a cream, then gradually beat in one tablespoonful of sugar, four eggs, one cupful of warm milk, pinch of salt, two tablespoonfuls of currants, the rind of a lemon and flour to form a thin batter. Fry lightly on both sides. As each is cooked, spread with fresh or preserved fruit, roll up and keep hot until ready to serve.

If you have not the force of character to make an enemy, you will never make a friend.

Beware of the man of whom everybody speaks well.

THINGS WORTH KNOWING.

If you are ever unfortunate enough to spill indelible ink on linen, rub it quickly with salt and saturate with ammonia, then rinse in cold water. The ink will vanish in less time than it takes to write about it.

Put your wax candles for the birthday cake and evening table on ice and they will not drip while burning.

Citron melon is far more delicate and enjoyable if grated than cut in dice as it is usually preserved. A spoonful of the grated citron on a dish of plain ice cream makes a simple dish quite elegant.

Take a nap everyday if it is no longer than five minutes. Learn to relax, let go of every muscle and rise refreshed and ready for more work.

For a variety, when using cream puffs, make them smaller than common; fill with ice cream and put into sherbet glasses, then pour over a maple sauce when about to serve. This sauce may be accompanied with chopped nuts if desired, making a most delicious dessert.

The following is one grandmother's cure-all. Take one tablespoonful each of the bark of sassafras, sarsaparilla, and cascara; add one tablespoonful of senna leaves and pour over it a quart of cold water, simmer slowly until reduced to one-half, bottle and keep in a cool place. For an adult a tablespoonful night and morning when the liver needs jogging or the appetite fails.

A piece of sandpaper is as valuable a help in the kitchen as it is at the desk in sharpening lead pencils. Keep a piece of sandpaper off the rough place on the broom handle or to scrape a dish that has had food burned on, to

POSTSCRIPTS

Controlled by an electric motor, a Massachusetts man has invented apparatus for unlocking and opening or closing and locking garage doors while a man is seated in an automobile some distance away.

To prevent death by poison tablets taken in mistake an inventor has brought out tablets coated with rubber, which is said to resist the stomach acids long enough for a tablet to pass out of the system.

polish the flat irons, in fact a hundred uses will be found for emery and sandpaper.

If in a hurry for baked potatoes boil them a few minutes then put them into the oven to bake. They will cook in a much shorter time.

Cabbage is of much better flavor if cooked uncovered and contradictory as it may sound neither does it scent the house as much.

Plain food is quite enough for me: Three courses are as good as ten if nature can subvert on three. Amen. —Oliver Wendell Holmes.

THE WINTER BERRY.

The appetizing cranberry is a reasonable fruit in price, and one that is especially enjoyed as an appetizer with meats.

In cooking cranberries care should be used in cooking them in granite or earthenware dishes, as the acid acts on the tin. Aluminum ware and porcelain are other dishes that are safe to use with acid fruits.

Pick over, wash and drain the berries to be used for sauce, add one and a half cupfuls of water to three pints of berries, let them boil until tender before adding the sugar, then add three cupfuls of sugar and cover closely for a few minutes. The berries may then be put through a sieve and molded, if so desired. If it is desired to keep the berries whole make a rich sirup and add the berries to the boiling sirup.

A pretty dessert is this: Remove centers from cupcakes and fill with cranberry jelly, set in sherbet cups and serve with whipped cream.

Cranberry and Orange Sauce.—Squeeze the juice from an orange, cover the peel with cold water and heat slowly to the boiling point, boil until tender, then scrape out the white part and cut the peel into narrow strips. Simmer one and a half cupfuls of raisins until tender, add the orange peel and juice and a quart of cranberries. Add more water to make a cupful of the liquid, cover and cook ten minutes or until the berries are tender. Then add two cupfuls of sugar, and boil until thick.

Cranberry Shortcake.—Sift together a quart of flour, two teaspoonfuls of baking powder and one-half teaspoonful of salt. Mix with the tips of the fingers two-thirds of a cupful of shortening and add milk to make a soft dough. Roll out into two thin cakes, spread with butter and place the second on top of the first. Cook together a cupful of cranberries and a half cupful each of raisins and water. When the berries are soft, stir in a cupful of sugar and a tablespoonful of cornstarch, well blended with the sugar. Flavor with nutmeg, beat well and spread on the cakes while they are hot.

GOOD THINGS FOR THE TABLE.

The ordinary rice pudding may be made a most dainty dish with different sauces or garnishes. Pack remnants of cold rice into a mold.

When time to serve, turn out on a dish and cover with whipped cream. Put a row of pitted dates around the base of the mold, sprinkle with pistachio nuts. Grated maple sugar or brown sugar with chopped walnuts is another appetizing garnish. Instead of the whipped cream a half pound of melted marshmallows, mixed with cream enough to melt them poured over rice and garnished with cocoa or grated chocolate.

Stuffed Egg Salad.—Cook four eggs until hard, shell and cut lengthwise into halves. Remove the yolks and beat to a paste, adding a tablespoonful of chili sauce, two tablespoonfuls of minced chicken and a teaspoonful of butter. When blended fill into the egg whites and arrange on a bed of crisp lettuce, pouring over a thick boiled dressing and garnish with capers and slices of pickled beets.

Apple Ramekins.—Half fill ramekins with apple sauce, filling the space with whipped cream. Cover with a short pie crust and bake. Serve hot or cold with grated cheese over the top.

Turnips With Macaroni.—Quarter and cook tender small turnips, add some seasoned macaroni to the turnips. Pour over the whole some peanut butter, sprinkle with buttered crumbs and bake until brown.

To prevent waste and keep ribbons clean in stores a North Carolina woman has patented a reel with a spring clip to prevent it becoming loose and with a paper tape printed with feet and inches for measuring it.

What is believed to be the smallest fresh-water fish in the world has been carried to New York from Haiti. When full grown it is less than an inch and a half long. This species swarms in many tropical rivers and is of great value as a destroyer of mosquito larvae.

ANALYZING THE TURK

Not the Fearful Individual He Has Been Pictured.

Profound Fatalist and Devout Believer in His Religion, He Has Innumerable Good Points That Might Be Copied.

There is an old Turkish saying in these words: "When we are driven out of Constantinople, we will go to Broussa; when we are expelled from Broussa, we will fly to paradise." The saying gives a very good insight into the character of the Turk as he really is.

Fatalism and a simple but profound belief in his religion are two of his strongest characteristics. Although he will tell the most outrageous falsehoods and exercise the deepest cunning in driving a bargain, he is, in the main, a simple soul, contented with little, and blessed with the most enviable powers of endurance.

In many ways, of course, the Turk is an abomination, and utterly out of place in twentieth-century Europe, but he has his points, as only those who have traveled and studied him at home can properly appreciate. He is not the complete villain and rascal that he is so popularly supposed to be.

As befits the introducer of the Turkish bath to the rest of the world, the Turk is a scrupulously clean person where his own body is concerned. His towns and streets may be, and mostly are, filthy; but not so the Turk himself. Soap is scarce in Turkey—to the majority of the inhabitants it is an unknown luxury—but the religion of Islam demands daily bathing, as well as certain ablutions before or after repeated prayers.

The religion of the Turk also keeps him sober, while his kindness to dumb animals certainly puts many more civilized and enlightened folk to burning shame. The prosecution of a Turk for cruelty to animals is an unknown thing; no Moslem would ever overwork his horse or his donkey, or beat his dog. He would as soon assault his own father.

The Turk has an extraordinary and apparently inevitable way of immediately deteriorating when he has any "official" work to undertake, or when he is bonded with others of his race for any purpose, but by himself, in private life, he is often quite a charming person. He is courteous, he is kind, he is considerate, he is hospitable, and he has a sense of humor. In fact, when he likes, the Turk can be a perfect gentleman with perfect manners.

But, unfortunately, the bad traits of the Turk outnumber the good ones. The position which he allows to his women, for instance, is archaic.

For a few years a Turkish girl is allowed to run about and play and mix with little boys in a more or less rational manner, except that not much attention is given to her clothes, and her attendance at school, despite compulsory schooling being in force, is not generally insisted upon.

But very early there comes a change. Her mother looks at her and says she is growing big, and she must put on a charshaf. A charshaf is a silk coat

reaching down to the ankles and up to the top of the head, and it impedes the child's movements, naturally. She must also wear a thick veil, never see a little boy again, and never speak to any man but her father until she is married.

The majority of Turkish girls marry the man their mother chooses for them. But as the mother may see no man except her own husband, she must rely upon the advice—based on rumors and hearsay of her woman friends—or else employ a professional matchmaker.

After she is married a Turkish woman just "sits." She sits for hour after hour, placidly, with her hands folded, in the manner of a sleepy cat. A day's shopping or a rowboat trip on the Golden Horn is a thrilling event in her life. She plays very distinct second fiddle to her mother-in-law, who retains first call upon her son's purse and larder, and such pastimes as reading books, playing cards, tennis or golf are nearly unknown to Turkish women.

The Turk hates reform; what was good enough for his father—and his father before him—is quite good enough for him; and although he sometimes wakes up for a moment and passes laws for this or that modernizing of his country or his national life, his enthusiasm soon dies down and the laws are ignored or else reduced to an absurdity by reason of the corruption of the officials appointed to carry them out.

Water Spoiled Easily by Iron. Half a part per million of iron in water is detectable by taste, and more than four or five parts makes water unpalatable. In some mineral springs iron is the constituent which imparts a medicinal value to the water, but ordinarily it is undesirable.

More than 2.5 parts per million in water used for laundering makes a stain on the clothes. Iron must be removed from water from which ice is made, or a cloudy, discolored product will result. An iron content of over two or three parts per million in water used in the manufacture of paper will stain the paper.

Iron is harmful in water used for steaming, for it is in equilibrium with acids which inside the boiler become dissociated, with the result that the free acids corrode the boiler plates; but the amount of iron carried in solution by most waters is so small that the damage it does to steam boilers generally amounts to little.

Money Talks.

Times are a trifle hard in the Cotton Belt just now and money is a little scarce. Evidently Uncle Ephraim thinks so, for he came up to his supply merchant the other day and said:

"Marse John, times is tighter than I is ever seen 'em before. Do you know, Marse John, I can't get no money at all? No, sir, I can't get nuthin'! I can't even get hold of a nickel! Do you know, Marse John, hit actually looks like I'll have to go to preachin' in order to make a livin'. I done it once and I ain't too good to do it again!"—Saturday Evening Post.

Man's Foolish Impatience.

In that worst of all struggles—the struggle for self-mastery and goodness—we are far less patient with ourselves than God is with us.—Selected.

"HEALTH" THE WATCHWORD

This Really Means, PERFECT DIGESTION AND ASSIMILATION OF FOOD LIVER ACTIVITY BOWEL REGULARITY RICH, RED BLOOD

— TRY — HOSTETTER'S Stomach Bitters

when weakness is manifested in the Stomach, Liver or Bowels.

When lovers elope it's a getaway for common sense.

ALWAYS LOOK YOUR BEST

As to Your Hair and Skin by Using Cuticura. Trial Free.

The Soap to cleanse and purify, the Ointment to soothe and heal. These fragrant, super-creamy emollients preserve the natural purity and beauty of the skin under conditions which, if neglected, tend to produce a state of irritation and disfigurement.

Free sample each by mail with Book. Address Postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Awkward.

An amusing story was told by Mrs. E. Rennie of Harrogate in opening a bazar at Eccleshill. A visitor to a hospital for soldiers was surprised to hear one of the patients being addressed by the nurses by his Christian name, it being customary to address patients by their surnames only. Upon inquiry as to why this distinction was accorded to the particular soldier referred to, the reply received was:

"Well, we can't very well call him by his surname."

"But why not?" queried the somewhat astonished visitor.

"You see," was the overwhelming answer, "his surname is Love, and it's rather awkward."—Tit-Bits.

Compliments Exchanged.

A few days after a farmer had sold a pig to a neighbor, he chanced to pass his place and saw his little boy sitting on the edge of the pigpen, watching its new occupant.

"How d'ye do, Johnny?" said he, "How's your pig today?"

"Oh, pretty well, thank you," replied the boy. "How's all your folks?"—Harper's.

Sure Thing.

"It's the little things that count." "Right you are; a small ace will take a big, fat king."

Practically any outdoor game that a child plays in the streets of New York is a violation of the law.



Swamped

When a man's efficiency is on the decline—when after a long day of effort the mass of work still stares him in the face—it's time to find out what's wrong.

Frequently a lack of certain necessary nutritive elements, in the daily diet, lessens mental and physical activity. A prime factor in efficiency is right feeding.

No food supplies, in such splendid proportion, all the rich nourishment of the field grains, for keeping the mental and physical forces upbuilt and in trim, as

Grape-Nuts

Made of whole wheat and malted barley, this famous pure food supplies the vital mineral salts, often lacking in the ordinary daily diet, but imperative in building sturdy mental, physical and nervous energy.

Then, too, there's a wonderful return of power for the small effort required in the digestion of Grape-Nuts, which, with cream or good milk, supplies complete nourishment.

"There's a Reason" for Grape-Nuts
Sold by Grocers everywhere.